Child & Youth **Climbing Classes**

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as



the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once!

| 6 to 9 yrs: | 6-7 pm | |
|---------------------------|---|--|
| Beginner | Jan 4-Feb 1, Mon Jan 5-Feb 2, Tue Feb 22-Mar 21, Mon Feb 23-Mar 22, Tue Apr 11-May 9, Mon Apr 12-May 10, Tue | 117346.B1 117346.B2 117346.B3 117346.B4 217346.B1 217346.B2 |
| Intermediate | Jan 6-Feb 3, Wed Feb 24-Mar 23, Wed Apr 13-May 11, Wed | 117346.l1 117346.l2 217346.l1 |
| 10 to 14 yrs: Beginner | 7-8 pm Jan 4-Feb 1, Mon Feb 22-Mar 21, Mon Apr 11-May 9, Mon | 117347.B1 117347.B2 217347.B1 |
| Intermediate | Jan 6-Feb 3, Wed Feb 24-Mar 23, Wed Apr 13-May 11, Wed | 117347.l1 117347.l2 217347.l1 |
| 6 to 14 yrs: Advanced | 6-7 pm Jan 7-Feb 4, Thurs Feb 25-Mar 24, Thurs, Apr 14-May 12, Thurs, | 117347.A1 117347.A2 217347.A1 |

Outdoor

\$50 resident/\$62.50 non-resident

Longmont Recreation Center, 310 Quail Rd

Introduction to Snowshoeing

Location:

Fee:

This course is designed for people who are new or beginning snowshoers and are interested in learning about equipment, clothing, techniques and places to snowshoe.

18 & up: Jan 14, Thurs, 7-9pm 127021.1

\$25 resident/ \$31.25 non-resident Fee:

Longmont Recreation Center, 310 Quail Rd Location:

Introduction to Cross Country Skiing

An introduction to cross country skiing with the emphasis placed on equipment, clothing and basic cross country techniques.

Jan 5 & 7, Tue & Thurs, 7-9pm 18 & up: 127022.1

Fee: \$35 resident/ \$43.75 non-resident

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Introduction to Backcountry Ski Touring

This course is designed for people with some cross country or alpine ski experience who wish to experience the backcounty on skis. Topics covered include equipment, clothing, techniques, and special challenges encountered in the backcountry.

18 & up: Feb 2 & 4, Tue & Thurs, 7-9pm 127023.1

Fee: \$35 resident/ \$43.75 non-resident Location: Senior Center, 910 Longs Peak Ave

Adult Climbing Clinics

These clinics cover climbing safety with a partner (clinics have a minimum of 2 participants).

Top-Rope Belay

Clinic teaches belay techniques, gear use, commands, and safety.

Lead Belay Clinic

includes lead climbing and belay techniques, gear use, commands, and safety.



Intro to Outdoor Climbing Clinic prepares you to climb outside (with an experienced climber or guide). Covers differences in indoor and outdoor climbing and safety preparedness skills.

15 & up Clinics:

| Top | -Rope | Jan 8-15, Fri, 6-8pm | 117348.T1 |
|-----|-------|-----------------------|-----------|
| | | Feb 5-12, Fri, 6-8pm | 117348.T2 |
| | | Mar 4-11, Fri, 6-8pm | 217348.T1 |
| | | Apr 15-22, Fri, 6-8pm | 217348.T2 |
| | | | 44704014 |

Lead Belay Jan 22-29, Fri, 6-8pm 117348.L1 Mar 18-25, Fri, 6-8pm 217348.L1

Feb 19-26, Fri, 6-8pm Outdoor 117348.D1 Apr 29-May 6, Fri, 6-8pm 217348.D1

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$40 resident/\$50 non-resident

Personal Climbing Training

Can't attend a scheduled climbing class or want individualized instruction? These individual or small group 1-hour training sessions are personalized to you and cover climbing safety, beginner through advanced techniques, as well as personal climbing analysis and training. For information or to schedule, email Rebecca: lynch-rebecca@hotmail.com All ages: Longmont Recreation Center, 310 Quail Rd

One Participant Fee:

1 Hour Session \$30 resident/\$39 non-resident 5 Hour Sessions \$125 resident/\$156 non-resident

Two Participants Fee:

1 Hour Session \$40 resident/\$50 non-resident 5 Hour Sessions \$175 resident/\$219 non-resident

Adult Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once!

15 to Adult: 7-8 pm Beginner Jan 5-Feb 2, Tue 117344.B1 Feb 23-Mar 22, Tue 117344.B2 Apr 12-May 10, Tue 217344.B1

Intermediate/Advanced:

Jan 7-Feb 4, Thurs 117344.A1 Feb 25-Mar 24, Thurs 117344.A2 Apr 14-May 12, Thurs 217344.A1

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$65 resident/\$81.75 non-resident

Commute by Bike 101

Ready for Bike to Work Day on June 22? Start now and be prepared. Bike choice, tires, clothes, carrying your stuff, navigating safely through roads and traffic AND looking great! Will also help you plan for changes in weather with back up plans.

16 & up: Mar 15, Tue, 5:30-7pm 227033.1 Location: Izaak Walton Clubhouse, 18 S Sunset St

227033.2 16 & up: Mar 20. Sun. 9:30-11am

Location: Fire Station #3, 1000 Pace St \$15 resident/ \$18.75 non-resident Fee:

Empower Yourself: Move beyond Your Comfort Zone!

Jan 7, Thurs, 6-7:30pm

Winter Bicycle Commuting

safe ride any time of the year!

15 & up: Location:

Fee:

Navigate your way and feel safe traveling by foot, bike or bus around the City of Longmont and beyond. Whether you are seeking a workout, saving money, or social opportunities, this is a great way to explore your options! Wear your walking shoes – this will include a brief walk.

Be prepared! Keep your body warm, your bike upright and your lights on during the short and cold winter days! The

right gear and preparation with back up plans will ensure a

Longmont Museum, 400 Quail Rd

\$15 resident/\$18.25 non-resident

127031.1

Jan 19, Tue, 5:30-7pm Development Services Center, 385 Kimbark St Location:

\$12 resident/ \$15 non-resident Fee:

Tree Climbing

Tree Climbing Colorado offers introductory recreational tree climbing experiences using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Wear long pants, sturdy shoes, and bring gloves if you've got 'em!

Would you like to have your birthday party in the trees? Contact Centennial Pool, 303-651-8406, for more information!

7 & up: Apr 9. Sat. 12:30-3pm 226021.1 May 14, Sat, 12:30-3pm 226021.2

Fee: \$35 resident / \$43.75 non-resident Location: Thompson Park, 4th & Bross St

Women's Safety Awareness

Learn awareness theory, stalking methods used by predators, common myths regarding where and when we are safe, home safety tips, traveling safety tips and easily obtained tools voukan use for defense. Simple and effective defensive techniques will be taught.

Mar 8, Tue, 6:30-8:30pm 13 & up: 247110.A 247110.B May 17, Tue, 6:30-8:30pm

Instructor: **Longmont Police Officers**

St Vrain Memorial Building, 700 Longs Peak Ave Location:

Fee: \$5 resident/\$6.25 non-resident

Biking for the "re" Beginner

No fancy bikes or lycra required! Two hours of classroom time + two hours "on the road", to get the "re-beginners" back into biking. Basics plus: gearing, where to ride, and safety checks. Bring your bicycle and helmet. To borrow a bicycle, contact instructor at Lauren.greenfield@longmontcolorado.gov

18 & up: Apr 26, Tue, 8:30am-12:30pm 227034.1

Location: Longmont Museum, 400 Quail Rd

18 & up: May 7. Sat. 8:30am-12:30pm 227034.2 Location: Izaak Walton Clubhouse, 18 S Sunset St

\$25 resident/ \$31.25 non-resident Fee:

Dog Obedience Training

Using rewards based training, learn how to communicate obedience and socialization skills. Since dogs are not language orientated but motion orientated, you will learn both verbal and hand signals to train positive behavior. For dogs 8 weeks and older. Owners must provide a copy of shot records at the first class.

16 & up: Mar 19-Apr 9, Sat, 10-11am 247910.3A Mar 19-Apr 9, Sat, 11:15am-12:15pm 247910.3B

> Apr 16-May 7, Sat. 10-11am 247910.4A Apr 16-May 7, Sat, 11:15am-12:15pm 247910.4B

Instructor: Mary Carson

St Vrain Memorial Building, 700 Longs Peak Ave Location:

Fee. \$59 resident/\$73.75 non-resident

Volunteer with Recreation Services

Did you know that many of our youth sports programs, SCOPE programs, and special events are made possible by the efforts of volunteers just like you?

Consider sharing your time and talent with others! For more information visit



Slack-Line Fitness

Enjoy the benefits of improved stabilization, strength, coordination and whole body balance! Class includes slackline work and other strength and balance circuits for a wholebody workout. *No class: 4/6

10 to 17 yrs: Wednesday, 5:45-6:30pm

Jan 6-27 143410.01 Feb 3-24 143410.02 Mar 2-23 243410.03 Mar 30-Apr 27* 243410.04 May 4-25 243410.05

18 & up: Wednesday, 6:30-7:15pm

Jan 6-27 143411.01 Feb 3-24 143411.02 Mar 2-23 243411.03 Mar 30-Apr 27* 243411.04 May 4-25 243411.05

St Vrain Memorial Building, 700 Longs Peak Ave Location:

Fee: \$40 resident/\$50 non-resident

Drumming for Health & Therapy

If you can talk - you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.

Instructor: Gregg Hansen

Location: Izaak Walton Clubhouse, 18 South Sunset

Beginning Drumming

Simple rhythms will be presented slowly and patiently.

16 & up: Tuesday, 6:30-7:30pm

\$36 res/\$45 non-res Dates: Jan 5-26 147330.1A Feb 2-23 \$36 res/\$45 non-res 147330.2A \$36 res/\$45 non-res Apr 5-26 247330.4A May 3-24 \$36 res/\$45 non-res 247330.5A

Continuing Drumming

Now that you've learned the basics, it's time to go deeper. Pre-requisite-Beginning Drumming.

16 & up: Beginner - Tuesday, 7:45-9pm

Dates: Jan 5-26 \$36 res/\$45 non-res 147331.1A Feb 2-Mar 1 \$45 res/\$56.25 non-res 147331.2A Mar 29-Apr 26 \$45 res/\$56.25 non-res 247331.4A May 3-24 \$36 res/\$45 non-res 247331.5A

Beginner - Thursday, 1:30-2:45pm 16 & up:

Dates: Jan 7-28 \$36 res/\$45 non-res 147331.1B \$45 res/\$56.25 non-res 147331.2B Feb 4-Mar 3 Mar 31-Apr 28 \$45 res/\$56.25 non-res 247331.4B \$36 res/\$45 non-res May 5-26 247331.5B

Beginner - Thursday, 7-8:15pm 16 & up:

Dates: Jan 7-28 \$36 re/\$45 non-res 147331.1C Feb 4-Mar 3 \$45 res/\$56.25 non-res 147331.2C Mar 31-Apr 28 \$45 res/\$56.25 non-res 247331.4C \$36 res/\$45 non-res May 5-26 247331.5C

16 & up: Intermediate 1 - Monday, 7:15-8:30pm

Dates: Jan 4-25 \$36 res/\$45 non-res 147333.1A Feb 1-29 \$45 res/\$56.25 non-res 147333.2A Mar 28-Apr 25 \$45 res/\$56.25 non-res 247333.4A

\$36 res/\$45 non-res 247333.5A May 2-23

16 & up: Intermediate 1 - Thursday, 12-1:15pm

Jan 7-28 \$36 res/\$45 non-res 147333.1B Dates: Feb 4-Mar 3 \$45 res/\$56.25 non-res 147333.2B Mar 31-Apr 28 \$45 res/\$56.25 non-res 247333.4B May 5-26 \$36 res/\$45 non-res 247333.5B

16 & up: Intermediate 2 -Tuesday, 11:30am-12:45pm

\$36 res/\$45 non-res Dates: Jan 5-26 147334.1A Feb 2-Mar 1 \$45 res/\$56.25 non-res 147334.2A Mar 29-Apr 26 \$45 res/\$56.25 non-res 247334.4A

\$36 res/\$45 non-res 247334.5A May 3-24

247334.5B

16 & up: Intermediate 2 - Wednesday, 7:45-9pm

Dates: Jan 6-27 \$36 res/\$45 non-res 147334.1B \$45 res/\$56.25 non-res 147334.2B Feb 3-Mar 2 Mar 30-Apr 27 \$45 res/\$56.25 non-res 247334.4B May 4-25 \$36 res/\$45 non-res

Drum Set 101

Learn how to play drum set in a fun, relaxed setting. Jon Powers played drums for Justin Timberlake and Charlie Sexton among others, and has 20 years teaching experience. Everyone gets to play and learn the basics of how to play drum set!

Feb 3-24, Wed, 8-11am 16 & up: 146390.03

Mar 2-23, Wed, 8-11am 246390.03 Mar 30-Apr 27, Wed, 8-11am 246390.04

Instructor: Jon Powers Drumming Location: 520 Main St, Unit D

\$50 resident/\$62.50 non-resident Fee:

Beginning Guitar

This course is geared toward the beginning student and starts with the basics. Learn how to tune the guitar, play basic chords and accompaniment patterns in a fun group setting. Students are to furnish their own acoustic guitar. \$10 materials fee payable to instructor at first class.



Jan 28-Mar 3, Thurs, 7:30-8:30pm 147310.01 17 & up:

Instructor: Mike Tolle

Location: Creation Station, 519 4th Ave Fee: \$48 resident/\$60 non-resident

General Interest & Education

Trusting Your Intuition

Learn how to 'tune in' to your own personal inner GPS or Intuition and discover how to synchronize your life with your own talents, skills, and innate personality.

16 & up: Jan 11-18, Mon, 7-9pm 147167.01

Instructor: Dori Spence, Life Coach & Psychic

Location: REMIX Educational Center, 333 1st Ave, Unit 3

\$25 resident/\$31.25 non-resident Fee:

How Psychic Are You?

This seminar will help identify your personal level of sensitivity and provide practical ways to develop or enhance your own personal understanding of your own special gifts.

16 & up: Jan 14-21, Thu, 7-9pm 147166.01 Feb 15-22, Mon, 7-9pm 147166.02

Instructor: Dori Spence, Life Coach & Psychic

Location: REMIX Educational Center, 333 1st Ave, Unit 3

\$25 resident/\$31.25 non-resident Fee:

Tarot - Practical Application

Learn the 'Intuitive' personal message symbolized by the cards, which inspire better outcomes from the challenging circumstances in your personal Life.

16 & up: Feb 11-18, Thu, 7-9pm 147165.02

Mar 14-21, Mon, 7-9pm 247165.03

Dori Spence, Life Coach & Psychic Instructor:

Location: REMIX Educational Center, 333 1st Ave, Unit 3

Fee: \$25 resident/\$31.25 non-resident

Thai Cooking Basics

Learn to cook traditional Thai food in an open and encouraging environment! Enjoy snacks, sides, and beverages, while preparing and cooking the featured class dish. Is it a class? Is it a party? It's both!



| 15 & up: Fri, 6-8pm | | |
|---|--------|-----------|
| Tom Yum Soup | Dec 11 | 447462.12 |
| Red Curry | Jan 22 | 147462.1 |
| Drunken Noodles & Pad See Ew | Feb 12 | 147462.2A |
| Panang Curry | Feb 26 | 147462.2B |
| Pad Ka Pow | May 6 | 247462.5A |
| Larb Guy | May 13 | 247462.5B |
| | | |

Instructor: Veraya Connors

Location: Creation Station, 519 4th Ave Fee: \$20 resident/\$25 non-resident

+ \$7 materials fee payable to instructor

Canning Basics

This informative class will walk you through the process of canning your own food, including meats, veggies, fruits, and broths.

| 16 & up: | Jan 25, Mon, 6:30-8pm | 147454.01 |
|----------|-----------------------|-----------|
| | | |

May 2, Mon, 6-8pm 247454.05

Instructor: Robin Wyrick

Location: St Vrain Memorial Building, 700 Longs Peak Ave

\$18 resident/\$22.50 non-resident Fee:

Bread Baking

Come learn from this bread making demonstration. We start with wheat seeds, grind flour and finish making cinnamon rolls, italian foccacia, and sandwich bread. Every participant gets to taste the finished product. Learn nutritional information about eating with whole grains.

| 16 & up: | Feb 16, Tue, 6-8pm | 147456.02 |
|----------|--------------------|-----------|
| | | |

Mar 21, Mon, 6-8pm 247456.03

Instructor: Robin Wyrick

Location: Senior Center, 910 Longs Peak Ave Fee: \$20 resident/\$25 non-resident

Once a Month Cooking

This informative class walks you through the process of menu planning and preparing all your meals for the month, at one time!

| 16 & up: | Feb 22, Mon, 6:30-8pm | 147455.02 |
|----------|-----------------------|------------|
| - | Any A Man Gill Onm | 0.47455.04 |

Apr 4, Mon, 6:30-8pm

Instructor: Robin Wyrick

St Vrain Memorial Building, 700 Longs Peak Ave Location:

\$18 resident/\$22.50 non-resident Fee:

Radio & Electronics for Personal Communication

Learn about becoming a licensed radio operator! Explore how electricity affects just about every aspect of our lives. Benefit from an understanding of basic electronics and, once you know the rules of the road for becoming a licensed radio operator, communicate with the world.

Feb 29-Mar 24, Mon & Thu, 7-8pm 147150.A 13 & up:

Instructor: Longmont Amateur Radio Club Senior Center, 910 Longs Peak Ave Location: Fee: \$20 resident/\$25 non-resident

+ \$30 manual (purchase prior to class)

Getting to Know Your Digital Camera

Topics covered include automatic vs manual control, white balance, file formats, ISO ratings and reducing red eye. Course is 2 days-first in classroom, and the second taking pictures. Required equipment: Digital Camera and camera manual.



Wed, 7-9pm & Sat, 10-11:30am 14 & up:

Dates: Jan 6 & 9 147100.A Feb 10 & 13 147100.B Mar 9 & 12 247100.A 247100.B Apr 13 & 16

Instructor: John Lovell

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident

Shooting Pictures Like a Pro

Improve the quality of your photographs. The first class is in the classroom and the second outside taking pictures. Topics covered: posing subjects, lighting, depth of field, stop action and composition. Required: Digital camera with ability to change aperture and shutter speed. It is strongly recommended that you take Getting to Know Your Digital Camera prior to this class.

14 & up: Wed, 7-9pm & Sat, 10-11:30am

Dates: Jan 20 & 23 147101.A Mar 16 & 19 247101.A May 4 & 7 247101.B

Instructor: John Lovell

Wed Location: St Vrain Memorial Building, 700 Longs Peak Ave

Sat Location: Sandstone Ranch, 3001 E Hwy 119 Fee: \$35 resident/\$43.75 non-resident

Right Brain Photography

An image can be technically correct, but aesthetically weak. Learn how to see like an artist, using your camera and its features as your paint brush; see with your imagination, not your eyes; see something before you see it; and how to make the common uncommon and the mundane insane.

18 & up: Feb 17-Mar 9, Wed, 6-8pm 147102.03

Instructor: Eli Vega

Senior Center, 910 Longs Peak Ave Location: Fee: \$80 resident/\$100 non-resident +\$3 materials fee payable to instructor

eBay I - The Basics

Learn how to set up an eBay Seller account, create successful eBay listings, upload pictures and accept credit card payments with PayPal. Learn selling "Tips, Tricks and the Traps" to avoid, how to determine shipping costs, where to get FREE shipping supplies, how to print shipping labels from your home computer and get FREE home pickup.

247600.A 18 & up: May 11, Wed, 6-9pm

Instructor: Kevin Boyd

Location: Senior Center, 910 Longs Peak Ave \$49 resident/\$61.25 non-resident Fee:

How Much is That Coin Worth?

Ever wonder how much that old silver dollar is worth? This class shows you what makes some coins more valuable than others, how to buy and sell coins, and common problems to watch out for. Free evaluation of your collection at end of class.

18 & up: Feb 18. Thu. 6:30-9pm

Instructor: Jeff Danelek

Location: St Vrain Memorial Building, 700 Longs Peak Ave

\$25 resident/\$31.25 non-resident Fee:

Inside the Publishing Industry

Finished that manuscript and having trouble getting it into print? This class explores the ins and outs of the publishing industry, how to acquire an agent, scams to watch out for, and a host of nice-to-know and need-to-know facts about how the industry works. A must for any serious writer.



18 & up: Mar 10, Thu, 6:30-9pm 247555.03

Instructor: Jeff Danelek

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$25 resident/\$31.25 non-resident

Authors: Start Your Novels

Whether you've finished that manuscript or are just wondering how to get started, this class is for you. Published author J. Allan Danelek leads you step-by-step through the novel writing process and the elements that go into creating a successful work of fiction. Both novice and seasoned pros welcome.

18 & up: Apr 7, Thu, 6:30-9pm 247556.04

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$25 resident/\$31.25 non-resident

Facebook for Fun & Profit

Are you an artist? A writer? A small business? Someone just looking to find out more about Facebook? This class walks you through the various Facebook profiles, settings and best practices to make Facebooking more enjoyable and hopefully profitable for you and your business.

18 & up: Jan 30-Feb 13, Sat, 12-2pm 147550.A

Instructor: Julie Kazimer

Fee:

Location: St Vrain Memorial Building, 700 Longs Peak Ave

\$60 resident/\$75 non-resident

Plotting a Murder: The Art of Writing a Mystery

Have you ever thought of writing a mystery? This class can help you formulate a plot, write red herrings, and publish a mystery.

18 & up: Mar 12-Apr 9, Sat, 12-2pm 247551.A

Instructor: Julie Kazimer

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$75 resident/\$93.75 non-resident

Art of Clear Communication

Do you want more ease expressing yourself and being really understood? Then this course is for you to learn to create safe and easeful relationships at work and at home, communicate clearly and effectively, and build stronger connections with others (and yourself!).

18 & up: Jan 6-27, Wed, 10am-12pm 147650.01 Feb 3-24, Wed, 10am-12pm 147650.02 Mar 9-30, Wed, 10am-12pm 247650.03

Apr 13-May 4. Wed, 10am-12pm 247650.04

Instructor: Genevieve Keller

Location: Creation Station, 519 4th Ave Fee: \$60 resident/\$75 non-resident

+ \$5 materials fee, payable to instructor (optional)

Learn to Spin Wool

Try making your own yarn at this Learn to Spin class. It's portable, fun, & affordable. Bring your own spindle or purchase at Longmont Yarn Shoppe. Roving provided.

12 & up: Jan 16, Sat, 12-2pm 147410.A

Mar 19, Sat, 12-2pm 247410.A

Location: Longmont Yarn Shoppe, 454 Main St Fee: \$25 resident/\$31.25 non-resident

Learn to Knit

This course is for absolute beginners. By the end of the two classes you will have a warm and beautiful scarf that you will be proud to wear. Plan to knit between classes. Materials list online or on receipt.

12 & up: Jan 9 & 23, Sat, 10am-12pm 147415.01 Feb 2 & 16, Tue, 6-8pm 147415.02

Feb 2 & 16, Tue, 6-8pm feation: Longmont Yarn Shoppe, 454 Main St

Location: Longmont Yarn Shoppe, 454 Ma Fee: \$40 resident/\$50 non-resident

Beyond Scarves - Knit a Hat

Ready to branch out from rectangles? Done enough scarves? In this class you will learn how to knit with circular and double pointed needles and how to follow a pattern to make a warm, soft hat out of Bulky Wt Yarn.

16 & up: Mar 2-9, Wed, 6-7:30p 247422.03

Instructor: Longmont Yarn Shoppe

Location: Longmont Yarn Shoppe, 454 Main St Fee: \$30 resident/\$37.50 non-resident

Learn to Crochet Classes

Instructor: Debby Telfer

Location: Creation Station, 519 4th Ave Materials fee payable to instructor at class.

Learn to Crochet

This course is for the absolute beginner. Learn to crochet by making a sampler hand bag. Plan to crochet between the 2 classes so you are ready to finish off your purse at the 2nd class.

12 & up: Jan 19 & Feb 2, Tue, 6-8pm 147400.01 Fee: \$32 resident/\$40 non-resident + \$25 materials fee

Crochet Tunisian Handbag

Learn this versatile stitch to create items that have knit and other distinct woven looks with a long Tunisian crochet hook. Knitters find this a fun crochet stitch to learn! We will create a beautiful Tunisian sampler handbag in class.

12 & up: Feb 23, Tue, 6-9pm 147406.02

Fee: \$26 resident/\$32.50 non-resident

+ \$20 materials fee

Crochet Zigzag (Chevron) Scarf

This course is for the advanced beginner who knows how to do basic crochet stitches: chain, single crochet, double crochet, triple crochet and read crochet patterns. Learn to make a scarf that you can continue with to make into an afghan with your own yarn.

12 & up: Mar 22, Tue, 6-9pm 247405.03

Fee: \$26 resident/\$32.50 non-resident

+\$16 materials fee payable to instructor

Legal & Financial Education

Fee:

Will Maker Legal Seminar

In a single easy session, complete a will, financial power of attorney, and combined medical directive (including living will, medical power of attorney, and organ donation). Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Couples must have individual wills.

| 18 & up: | Jan 26, Tue, 6-9pm | 147125.01 |
|----------|---------------------------------------|-----------|
| το α up. | , , , , , , , , , , , , , , , , , , , | |
| | Feb 24, Wed, 6-9pm | 147125.02 |
| | Mar 5, Sat, 10am-1pm | 247125.03 |
| | Apr 20, Wed, 6-9pm | 247125.04 |
| | May 19 Thu 6-9pm | 247125 05 |

Instructor: Rebecca Bennetti

Location: St Vrain Memorial Building, 700 Longs Peak Ave

\$125 resident/\$156.25 non-resident Fee:

Financial Planning Workshops Instructor: Rebecca Glover, Edward Jones Financial Advisor

Location: St Vrain Memorial Building, 700 Longs Peak Ave Fee: \$10 resident/\$12.50 non-resident

Five Money Questions for Women

An educational program that shares perspective on a process women can use to identify financial goals and set a strategy.

| 18 & up: | Feb 11, Thu, 5-6pm | 147126.A |
|----------|--------------------|----------|
| | Mar 3. Thu. 5- 6pm | 247126.A |

Retirement by Design

Whether you are 10 or 40 years from retirement, you will learn investment strategies to help design the retirement you want, and how to keep your strategy on track.

| 18 & up: | Feb 18, Thu, 5-6pm | 147127.A |
|----------|--------------------|----------|
| | Mar 10. Thu. 5-6pm | 247127.A |

Ready or Not? Preparing for the Unexpected

This educational program shares tips on how to develop a proactive financial strategy for protection and preparing for the unexpected.

| 18 & up: | Feb 25, Thu, 5-6pm | 147128.A |
|----------|--------------------|----------|
| | Mar 17, Thu, 5-6pm | 247128.A |

Real Estate Investment Series

Instructor: Jim Flint, A Better Way Realty. Jim is a CRS with 30 year's real estate experience in five states.



Location: St Vrain Memorial Building, 700 Longs Peak Ave

\$25 resident/\$31.25 non-resident

+ \$20 workbook fee, payable to instructor at class

Fundamentals of Real Estate Investing

Learn how to take advantage of this buyer's market and profit in real estate. Class covers how to buy homes at foreclosure sales, how much money is needed, how to bid, how to get 15% or more on your money and how to reduce your income taxes. Learn an analytical approach to investing.

| 18 & up: | Feb 2, Tue, 5:45-9pm | 147120.02 |
|----------|-----------------------|-----------|
| - | Apr 19, Tue, 5:45-9pm | 247120.04 |

Alternatives to Traditional Real Estate Investing

There's a world of options out there; commercial property, assisted living homes, partnerships and more! Learn how to create a business plan for your investment, including financing options, management, and the formulas you need to measure your ROI.

| 18 & up: | Feb 9, Tue, 5:45-9pm | 147121.02 |
|----------|-----------------------|-----------|
| 18 & up: | Apr 26, Tue, 5:45-9pm | 247121.04 |

Managing Your Rental Properties

Learn how to keep your property rented when others have vacancies, how to screen your prospective tenants and keep the bad ones out and "dos and don'ts" when dealing with tenants. Included is a copy of a lease used in over 800 housing units. This class is taught by Bill Cooper, a 25-year veteran property manager.

| 18 & up: | Feb 4, Thu, 5:45-9pm | 147122.02 |
|----------|-----------------------|-----------|
| | Apr 21. Thu. 5:45-9pm | 247122.04 |

Spanish 101 Beg

Learning a language is learning a culture. Participants will have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters and musicians. This class is for those with NO Spanish experience. \$7 material fee payable to the instructor at the first class. *NO Class: 04/08

| 16 & up: | Fri, 9:45-10:45am | |
|----------|-----------------------------|-----------|
| Jan 8-29 | \$35 res/ \$43,75 non-res | 147155.01 |
| Feb 5-26 | \$26.25 res/\$32.75 non-res | 147155.02 |
| Mar 4-25 | \$35 res/\$43.75 non-res | 247155.03 |
| Apr 1-29 | \$35 res/\$43.75 non-res | 247155.04 |
| May 6-20 | \$26.25 res/\$32.75 non-res | 247155.05 |
| | | |

Instructor: Kena Guttridge

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Spanish 201 Conversation

Learning a language is learning a culture. Participants have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters and musicians. For those with Advanced Beginner/ Intermediate Spanish Conversation. \$7 material fee payable to the Instructor at the first class. *NO Class: 04/05

| 16 & up: | Tue, 6:30-7:30pm | |
|-----------|-------------------------------|-----------|
| Jan 12-26 | \$35 res/ \$43,75 non-res | 147156.01 |
| Feb 2-23 | \$35 res/\$43.75 non-res | 147156.02 |
| Mar 1-22 | \$35 res/\$43.75 non-res | 247156.03 |
| Mar 29-Ap | r 26 \$35 res/\$43.75 non-res | 247156.04 |
| May 3-24 | \$35 res/\$43.75 non-res | 247156.05 |
| | | |

Instructor: Kena Guttridge

Location: Senior Center, 910 Longs Peak Ave

Health & Wellness

Acupressure Self-Care for Common Ailments

Learn specific Acupressure Potent Points for relieving neck, shoulder, back and knee pain, allergies, PMS, headache and tension from work stress. Based upon the Chinese point system, learn "flows" that you can perform on yourself, your loved ones, even your animals!

| 10 & up: | Jan 9, Sat, 10-11am | 143600.01 |
|----------|---------------------|-----------|
| | Feb 6, Sat, 10-11am | 143600.02 |
| | Mar 5, Sat, 10-11am | 243600.03 |
| | Apr 2, Sat, 10-11am | 243600.04 |
| | May 7, Sat, 10-11am | 243600.05 |

Instructor: Kathleen McGarry

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$10 resident/\$12.50 non-resident

Winter Time Warm-Up: Herbal Self-Care

Learn about different herbs that can bring warmth and health into our body and help drive away illness and fatigue. Make bath salts, oil blends and a warming winter tea to take home. Recipes for both young and old provided.

16 & up: Feb 6, Sat, 1-3pm 147136.A

Instructor: Jane Anderson, CCH

Sandstone Ranch Visitors & Learning Center, Location:

3001 Sandstone Dr

Fee: \$30 resident/\$37.50 non-resident

+ \$15 materials fee payable to instructor

Break-Free Wellness Classes

Instructor: Bart Thurmann, FDN-P, INHC

Holistic, Functional & Diagnostic Nutrition Coach

Location: Senior Center, 910 Longs Peak Ave Fee: \$12 resident/\$15 non-resident

Natural Detoxification

Nutrition for cleansing your body, and preventing disease. Learn to support and stimulate your body's natural detoxification systems. Make sure you have more pesticides, heavy metals and other toxins going out than coming in for optimal health.

18 & up: Jan 11, Mon, 6:30-8pm 143510.01

The Sugar Blues

More addictive than cocaine, and it makes you fat and sick. Diabetes anyone? Sugar is one of the most harmful elements of the modern diet, and at the heart of numerous diseases. Learn to control your sugar blues, lose weight, save your brain, and take control of your health.

Feb 8, Mon, 6:30-8pm 143510.02 18 & up:

Hormones and Your Health

It's impossible to be healthy if your hormones aren't happy. Hormonal balance is key to good health. Reset yours through specific diet and lifestyle changes. Understand why hormones are at the root of weight loss, energy, libido, depression and many other modern health problems.

18 & up: Mar 14, Mon, 6:30-8pm 243510.03

The 5 Critical Pillars of Health

Learn to restore your body's innate ability to heal itself. Headaches, fatique, constipation, low libido, brain fog and many other everyday symptoms are NOT normal. Break free of the current paradigm and stop accepting sub-par health. Learn the foundation upon which all wellness is built.

18 & up: Apr 11, Mon, 6:30-8pm 243510.04

Learn to Meditate

Learn to simply be with the breath, body, and thoughts without clinging to them. This six-week class offers practical instruction in sitting and walking meditation. Meditation practice can help us relate to challenges and changes in our lives with

curiosity, gentleness, and perspective.

Feb 14-Mar 20, Sun, 10:30-11:30am 143500.A 16 & up:

\$40 resident/\$50 non-resident Fee: Drop In: \$8 resident/\$10 non-resident

Instructor: Katharine Kaufman

Location: Izaak Walton Clubhouse, 18 South Sunset

See pages 23-25 for

Yoga Workshops, On-Going Yoga Classes.

Natural First Aid – Level 1

Learn basic herbal tips for treating cuts, bruises, stings, burns and much more from a Certified Clinical Herbalist. Whether at home or in the wild, become familiar with simple natural ways to handle first aid situations. Informative handouts provided.

16 & up: May 4, Wed, 7-8pm 247132.A

\$15 resident/\$18.75 non-resident Fee:

Instructor: Jane Anderson, CCH

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Make Your Own First Aid Kit – Level 2

Follow-up course to Natural First Aid-The Basics, Level 1. Create your own natural first aid kit. Bring your notes from Level 1 to help guide your kit-creation. Class will go further into herbal first aid remedies.

May 16, Mon, 7-9pm 16 & up: 247132.B

\$15 resident/\$18.75 non-resident Fee:

+ \$45 materials fee for kit contents

Instructor: Jane Anderson, CCH

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Winter Immune Booster with Essential Oils

Learn how to use essential oils to boost your immune system and stay healthy naturally during the winter months. Make rollerball containers with essential oils and coconut oil to take home. You may also make natural hand sanitizer. Be ready for a great time!

Jan 14, Thurs, 7-8pm 18 & up: 147140.01

Feb 11, Thurs, 7-8pm 147140.02

Instructor: Jessica Birmingham

St Vrain Memorial Building, 700 Longs Peak Ave Location:

Fee: \$7 resident/\$8.75 non-resident

+ \$8 materials fee payable to instructor

Spring Cleaning with Essential Oils

Ready to learn how to clean your home without using toxins and harmful chemicals? Join us for a night packed full of great information and recipes. Each class member will go home with their choice of natural cleaner.

Mar 10, Thurs, 7-8pm 247140.3A 18 & up: Mar 24, Thurs, 7-8pm 247140.3B Apr 14, Thurs, 7-8pm 247140.4A Apr 28, Thurs, 7-8pm 247140.4B

Instructor: Jessica Birmingham

St Vrain Memorial Building, 700 Longs Peak Ave Location:

Fee: \$8 resident/\$10 non-resident

+ \$7 materials fee payable to instructor

Aromatherapy Classes & Workshops

Learn how to use Aromatherapy to improve your health and beauty!

Instructor: Linda Byington, Registered Aromatherapist Location: St Vrain Memorial Building, 700 Longs Peak Ave

Presents That Pamper

Create pampering gifts in this festive hands-on workshop. Solid perfume, bath salts, body oil and an herbal sachet are luxurious homemade body products to spoil yourself and others. Learn how to add aromatic essential oils to indulge the senses. Receive recipes and Aromatherapy tips. Come ready to get messy.

Dec 10, Thurs, 6-8pm 15 & up: 447145.12

\$30 resident/\$37.50 non-resident Fee:

+ \$10 materials fee, payable to instructor

Beating the Winter Blues with Aromatherapy

Learn ways to use aromatherapy to combat the physical and emotional ailments that make up "the Winter Blues." Transform low energy and low spirits into smiles and renewed vigor and learn how to use Aromatherapy in everyday life!

15 & up: Jan 12, Tue, 6:30-8pm 147145.01

Fee: \$20 resident/\$25 non-resident

Stress Reducing Aromatherapy

Stress can cause emotional upsets that make you feel anxious or tense. This class addresses the psychological side of Aromatherapy and discusses ways to relieve stressinduced-anxiety and encourage relaxation. Make your life more aromatic while improving your emotional health.

147146.01 15 & up: Jan 28, Thurs, 6:30-8pm

\$22 resident/\$27.50 non-resident Fee:

Create Romance with Aromatherapy

Valentine's Day is around the corner! In this fun class learn what aromatics women vs men prefer and recipes you can use to set the mood. Learn about essential oils for romance, including several romance-inducing recipes to try at home.

18 & up: Feb 3, Wed, 6:30-8pm 147147.02

\$20 resident/\$25 non-resident Fee:



Aromatherapy for Women's Needs

Aromatic techniques can transform hormones and stress into harmony and balance. Learn how to use aromatherapy to help ease female complaints, such as PMS nerves and hot flashes. Includes recipes to try at home.

15 & up: Mar 2, Wed, 6:30-8pm 247145.03

\$20 resident/\$25 non-resident Fee:

Baby Your Face with Essential Oils

Create an almond & oat cleanser, a facial mask, skin toner and beauty balm in this indulgent hands-on workshop. Treat yourself at home to a complete facial with items you created! Learn how to add aromatic essential oils to your creations to enhance beauty and solve common skin problems.

247146.04 15 & up: Apr 5, Tue, 6-8pm

\$30 resident/\$37.50 non-resident Fee:

+ \$10 materials fee, payable to instructor

Ayurveda and Aromatherapy

Ayurveda, the ancient lifestyle practice of India, believes that health results from harmony within oneself. Aromatherapy and ayurveda have been used in combination throughout the ages. Learn the basics of ayurveda as it seen for Aromatherapy and explore the role of essential oils in their use for each ayurvedic body type.

Mar 29, Tue, 6:30-8pm 15 & up: 247147.03

\$20 resident/\$25 non-resident Fee:

Aromatherapy for Travel

Travel and adventure are exciting until you suffer from the common discomforts experienced when venturing away from home. Digestive difficulties, heat exhaustion, bug bites, sleep upsets, and general weariness can plague a traveler. Learn how Aromatherapy is wonderful at helping to manage these complaints.

15 & up: May 5, Thurs, 6:30-8pm 247148.05

\$20 resident/\$25 non-resident Fee:

Parents Corner Workshops

Parents, come to these educational workshops and draw upon the expertise of a Colorado state licensed preschool director and teacher.

Zoo-phonics® - What is this all about?

Children learn when they are having fun! Parents learn how Zoo-phonics® uses 26 friendly animal (letter) characters which lead the way, step-by-step, to develop the foundation for reading.

18 & up: Jan 25, Mon, 7-8pm 147703.01

Instructor: Carolyn Clark

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

\$5 resident/\$6.25 non-resident Fee:

Prepare Your Child for Kindergarten

Learn what is expected so you can assist in the transition to Kindergarten. Can your child follow two-step directions without constant reminders? We will discuss simple fine motor skills such as cutting and holding a pencil and learn easy games and activities.

18 & up: Feb 22, Mon, 7-8pm 147704.02

Instructor: Carolyn Clark

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$5 resident/\$6.25 non-resident





Learn to Draw

with Donna Clement

Donna is a published children's book illustrator and botanical illustrator for a seed company. Supply lists available online or on registration receipt.

\$5 handout fee due to instructor at first class.

Instructor: Donna Clement

Location: Senior Center, 910 Longs Peak Ave

\$42 resident/\$52.50 non-resident +\$5 materials fee Fee:

Mixed Media Illustration

Learn to use a combination of watercolor and colored pencils or pen & ink and watercolor. Watercolors will be the base for your creation, while the colored pencils will brighten colors and add detail. Or try pen & ink. Come and create!

16 & up: Jan 6-27, Wed, 6-8pm 147318.01

Color Theory

An important part of creating anything involving color, whether painting, drawing, sewing, knitting, crocheting, or painting your house. Learn about primary colors, secondary colors, cool colors, and warm colors, color harmonies, analogous colors, triadic colors, monochromatic colors and the difference between value, hue and chroma. Learn how to mix colors with paint and pencil.

Feb 3-24, Wed, 6-8pm 147319.02 16 & up:

Drawing Animals with Colored Pencil

Learn how to draw animals and how to use wax based colored pencils. Draw hair, fur, and feathers while learning how to see colors and shapes like an artist.

16 & up: Mar 9-30, Wed, 6-8pm 247315.03

Botanical Illustration with Colored Pencil

Learn colored pencil drawing techniques while learning to draw flowers, vegetables, and other plants. Use blending and burnishing to create very realistic botanical illustrations that look like paintings.

247315.04 16 & up: Apr 6-27, Wed, 6-8pm

Continuing Colored Pencils

Prerequisite: Botanical illustration using colored pencil or/and drawing of animals with colored pencil. This is a continuing exploration with colored pencil drawing. Explore drawing shiny or reflective surfaces such as, marbles, iridescence using seashells, metallic using humming birds and ornaments.

16 & up: May 4-25, Wed, 6-8pm 247316.05

Pastel Painting Workshop

Enjoy creativity with a medium that is fun and easy to use, easy to transport and offers wonderful results. Most of all, the intent is to introduce you to the pleasures of creating art using this friendly medium. Beginners and Intermediate levels welcome. Students must have all materials at the first session. Supply list available on receipt or online.

16 & up: Jan 5-26, Tue, 10am-12pm 147350.01

Instructor: Diane Wood

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$75 resident/\$93.75 non-resident

No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and create a glowing painting. Students must have materials at first session. Supply list available at time of registration or on-line.

Instructor: Dorothy Pecina

Location: Carriage House Art, 11938 Oxford Rd

Fee: \$48 resident/\$60 non-resident

18 & up: Mon. 9-11am Jan 4-25 Dates:

147301.01 Feb 1-22 147301.02 Mar 7-28 247301.03 Apr 4-25 247301.04 May 2-23 247301.05

18 & up: Wed, 1-3pm Dates:

Jan 6-27 147303.01 Feb 3-24 147303.02 Mar 2-23 247303.03 Mar 30-Apr 20 247303.04 Apr 27-May 18 247303.05

Wine Glass Painting

We will be painting on wine glasses, many ideas to follow and artist to guide you. 2 glasses included!

21 & up: Jan 10, Sun, 11am- 1pm 147355.01 Location: Dabble Paint and Sip, 2330 Main Street, Unit E

\$25 resident/\$31.25 non-resident Fee:

Glass Fusing

Let us help you discover the amazing world of glass fusing. Learn the characteristics of glass and how heat transforms it into something so beautiful. Take a comprehensive look at the tools and materials available and be guided through the planning and design of your piece. Your project are fired and ready in approximately one week. Must purchase project of your choice.



247321.04

Jan 21, Thurs, 6-8pm 147321.01 16 & up: Feb 18, Thurs, 6-8pm 147321.02 Mar 17, Thurs, 6-8pm 247321.03

Apr 14, Thurs, 6-8pm Location: Crackpots Studios, 505 Main St

\$15 resident/\$18.75 non-resident Fee:









Metalsmithing & Jewelry Making

Learn about metals, mining, casting and jewelry making techniques in these fun, educational classes taught by an instructor with 40 years of experience teaching silversmithing! All materials included in course fee.

Instructor: Don & Kay Norris, Silver Creations

Location: St Vrain Memorial Building, 700 Longs Peak Ave

New! **Beginning Silversmithing**

This is a comprehensive class in Silversmithing and jewelry making. Each student will design a ring or pendant, make a bezel, solder the ring together, including a 3 wire ring band or bail for the pendant.

Apr 12-May 10, Tue, 2-5pm 16 & up: 247344.A

\$300 resident/\$375 non-resident Fee:

Simple Silversmithing

Make your own sterling silver pendant! Design your own pendant with your choice of colored stone. Don will help you design your pendant, then solder it together for you. 20 inch Sterling Silver chain provided.

Apr 12, Tue, 6-8:30pm 247340.A 16 & up:

May 10, Tue, 6-8:30pm 247340.B May 31, Tue, 6-8:30pm 247340.B

Fee: \$50 resident/\$62.50 non-resident

Simple Rock Wrapping

Make simple pendants and necklaces using wire, stones and copyrighted Rock Wraps. Each student will make two Sterling Silver wrapped pendants and some copper pieces. Learn about the properties of silver and copper and the stones used. All materials included in course fee, including 20 inch Sterling Silver chain.

16 & up: Apr 19, Tue, 6-8:30pm 247341.A

Fee: \$40 resident/\$50 non-resident

Pewter Casting

Cast a pewter hummingbird and flower or butterfly and rose in this unique, educational class! Display your bird or butterfly as a hanging ornament or cast a flower (for an additional \$10 fee) to pair as a beautiful sculpture. Instructor will discuss the history of pewter casting, mining tradition and how he sculpts the molds used for casting.

16 & up: Apr 26, Tue, 6-8:30pm 247342.A

May 17, Tue, 6-8:30pm 247342.B

Fee: \$45 resident/\$56.25 non-resident

Pine Needle Casting

Cast your own pure silver pendant! Melt pure silver, pour it into a bundle of pine needles, then look closely to find your unique pendant. No two pendants are ever alike. Polish your pendant, then wear it home on the provided 20 inch sterling silver chain.

May 3, Tue, 6-8:30pm 16 & up: 247343.A

May 24, Tue, 6-8:30pm 247343.B

\$49 resident/\$61.25 non-resident Fee:

Senior Services

Uncovering the Goldmine of Local Resources

The Boulder County Aging and Disability Resources for Colorado (ADRC) program serves as one point of access for older adults, adults with disabilities, and caregivers seeking information, referral, and options counseling for either short or long-term services and support.

Date: Jan 27, Wed, 10-11am 184510 Location: Longmont Senior Center, 910 Longs Peak Ave Fee: FREE, but please register in advance

Mixed Media Illustrations

Learn to create illustrations my mixing mediums. You will be learning to use a combination of watercolor and colored pencils or pen & ink and watercolor.



Date: Feb 3-24, Wed, 1:30-3:30pm Longmont Senior Center, 910 Longs Peak Ave Location:

\$38.00 resident/ \$45.00 non-resident Fee:

Beginning Recorder Classes

Playing a musical instrument is a great way to keep your mind sharp, and it's never too late to start! The recorder is a beautiful instrument much loved by great composers such as Bach and Handel. We will begin with the basics of reading music and start with just a few notes, so no previous experience is necessary. Please bring a soprano or an alto recorder, as well as \$20 to cover your instruction book and CD, written and provided by the instructor. *No class Dec 24 or 31.

Dates: Dec 3-Feb 25*, Thurs, 1-2pm 184119 Location: Longmont Senior Center, 910 Longs Peak Ave

Fee: \$44.00 resident/\$52.00 non-resident

Cabinets of Curiosity

People have been collecting interesting stuff for centuries. Why we collect and how our collections have evolved over time into some of today's best museums will be today's topic for discussion. Presented by Elizabeth Nosek.

Date: Feb 24, Wed, 1-2:30pm 184425 Location: Longmont Senior Center, 910 Longs Peak Ave

\$5.00 resident,/\$6.00 non-resident Fee: